

## IV. Trainer's Agenda

### *Introduction & Welcome*

*Welcome group and introduce yourself. Talk about the goal of the workshop, which is noted below.*

Just Say Go! Why just say go? By saying, "go", we envision movement. We start to move, and increase our physical activity. Go, get moving, do something! That is what this workshop is about: how to increase your physical activity at work, home, with your family and friends, anytime.

### **Part I**

*\*Refer to the group to their packet and the handout "**Just Say Go**" Activity Sheet. Instruct the group to fill out the sheet and participate in the activities placed around the room. Plan at least 5-8 minutes for the group to complete the sheet. When they are finished, gather the group back together to start the discussion part of the session. The "**Just Say Go**" Activity Sheet will be the basis of the workshop.*

*\*After the participants gather back together to share their experiences, you can get the conversation started by using some of the questions below or develop your own based on the audience.*

**Question 1:** *"Try 3 of the following activities set up around the room. Check off the activities you tried."*

*\*Suggested questions to ask:*

- ☐ How active is this group? How many of you tried the hula hoop, bowling, or dancing?
- ☐ Do you enjoy any of these activities?
- ☐ Would any of you participate in these activities on a regular basis?

**Question 2:** *"Find 2 people who participate in the following activities on a regular basis."*

*\*Suggested questions to ask:*

- ☐ Were you able to find 2 people participate in any of the listed activities?
- ☐ What were some of the most popular activities? What were some of the least favorite activities?
- ☐ What were some of the activities listed under "other"?

*\* By discussing the different responses you receive from the group, you will be able to compare how people in the group stay active and what activities they might enjoy in the future that will help improve their fitness level.*

## Part II

### **Question 3:** “Ask 1 person what are 3 benefits of being physically active.”

*\*This question gives you the opportunity to discuss the benefits of being physically active. Studies have shown that physical activity is an essential part of staying healthy. Research has shown that there are immediate benefits from increased levels of physical activity. Ask the group to share their responses.*

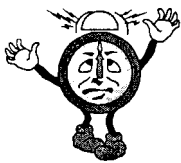

### **Benefits of Exercise:**

- ☐ reduces the risk of heart disease
- ☐ improves blood circulation
- ☐ manage weight
- ☐ slows natural loss of bone mass
- ☐ reduces risk of colon cancer
- ☐ reduces high blood pressure
- ☐ relieves stress
- ☐ improves energy level
- ☐ helps older adults with balance

### **Question 4:** “Ask 1 person what are 2 barriers that keep people from becoming more physically active?”

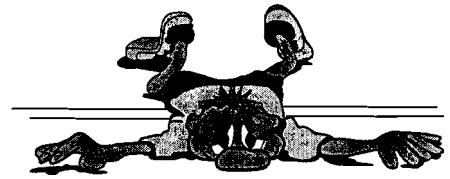
*\*This question will stimulate conversation about why people don't exercise. It is an opportunity to give suggestions on how to overcome these barriers.*

*\*Ask the group to share their answers. You can address each topic as it arises or listen to all of the reasons for not being active first, then start the discussion. Below are some of the most common reasons why people aren't active, along with suggestions on how to overcome these barriers.*

- ☐ **Time:** This is the number one reason people give for not exercising. **Just Say Go!** You don't have to join a health club to get benefits from physical activity. The recommendation based on the Surgeon General's 1996 *Physical Activity and Health Report* shows that 30 minutes a day, 5 days a week is beneficial. You can walk your dog, walk to the store, or vacuum your house and still reap the benefits of exercise.  

- ☐ **Money:** You don't need to join a health club or use expensive equipment to become physically active. Probably just a pair of comfortable shoes! Get creative! Find activities that you like to do, gardening, walking, take the flight of stairs instead of the elevator.  

- ☐ **Dislike of Exercise:** Regimented workouts and dreadful memories of gym class are reasons some people give for not exercising. You don't have to kill yourself. Think back to your childhood, what activities did you enjoy; swimming, tennis, archery? Try a variety of activities that fit in your schedule.

- ❑ **Too Old:** Age alone is not a factor for not exercising. The older you get, the more important it is to become physically active. Research has shown that people in their 80's can reduce the risk of falling and improve the quality of life with moderate strength building activities.

- ❑ **No Energy:** This is the best reason why you should start to exercise and just say go! Being more active increases your activity level. People that are more active have more stamina, because activity makes your heart beat stronger so it can pump blood more efficiently. When your brain, heart, and muscles get more oxygen, they work more effectively.



- ❑ **Might Hurt Myself:** Men over 40 and women over 50, or if you are 30% overweight you should get an examination before you start a workout program. You can ask yourself the questions on the handout, *Do I Need A Medical Exam?*<sup>2</sup>

- ❑ **I'm Too Fat.... none of my friends do it... I don't like to sweat!** These are other barriers that may keep you from becoming more physically active. If you want to manage your weight, regular activity will help maintain or even lose weight if combined with a sensible eating plan. Get your friends, family, co-workers to just say go! Include them in your physical activities.



**Question 5:** *"How active are you? Would you like to become more active? What motivates you to exercise?"*

*\*Getting participants to examine their lifestyles brings awareness about the level of physical activity they have in their everyday lives. Ask the group to share their responses to the questions. Compare activity levels, and motivation examples of different participants. After exploring these questions, you can introduce the concept of goal setting to increase physical activity levels.*

**Question 6:** *"Set 2 achievable goals that will increase your physical activity."*

*\*Refer to the handout **Tips on Changing Habits**. This sheet focuses on how set up goals that you can realistically achieve. It is also beneficial to discuss the idea of using a time frame when setting goals.*

<sup>2</sup> American Heart Association. *Fitting Fitness, Hundreds of Simple Ways to Put More Physical Activity into Your Life*. New York, NY: Random House, 1997.

## **Part III**

### **Question 7: "What activities can you do to improve your physical activity level?"**

*\*Brainstorm to get answers to the question. The ultimate outcome of this question is to get the group to realize that physical activity does not have to be in the form of a regimented exercise plan, or a scheduled tennis game.*

*\*Conversation about this question will also be an opportunity to discuss how different kinds of exercise can help a person to improve their fitness level. You can also discuss the three major components of fitness; aerobic capacity, strength, and flexibility. Refer the group to the handout **Examples of Moderate Amounts of Physical Activity**.*

In order to be physically fit, you need to participate in aerobic, strength building, and flexibility activities.

- Aerobic means oxygen. These types of activities help your heart and lungs improve their ability to take in oxygen. The more efficient your body uses oxygen, the more active you can become without tiring. You increase your endurance. Intensity levels vary with activity. Anything is better than nothing. Start off slowly if you have been sedentary. What counts is the total amount of aerobic activity you do.

### **Aerobic Activities**



- |           |                 |                  |
|-----------|-----------------|------------------|
| - walking | - raking leaves | - mopping        |
| - digging | - bicycling     | - skating        |
| - dancing | - hiking        | - stair climbing |
| - jogging | - vacuuming     | - swimming       |

When starting an aerobic program, there are recommended target heart rates that you should consider, so you don't start off doing too much too soon, and then burn out. Take your pulse at a resting rate for 10 seconds, use your pulse on your wrist or neck. Start counting with zero.<sup>2</sup>

*\*Have participants take their heart rate for 10 seconds and then refer to the handout **Estimated Maximal Heart Rates and Target Ranges**. Discuss the importance of staying within the recommended range based on their age. It is not the purpose of aerobic activities to go over your target range. In order to find your heart rate during an aerobic activity, the heart rate is taken at the peak of the activity and then you can adjust your exercise accordingly.*

- Strength building doesn't mean you have to be a body builder. Picking up kids, carrying a bag of groceries, pushing a heavy load, all are require using your muscles. As you age, you lose muscle strength from lack of use. Muscle strength prevents injuries, reduce lower back pain, improves posture, and improve overall athletic ability.

<sup>2</sup> American Heart Association. *Fitting Fitness, Hundreds of Simple Ways to Put More Physical Activity into Your Life*. New York, NY: Random House, 1997.

- ❑ Stretching comes naturally! After sitting hours at a computer or in a car, do you find yourself stretching your back or your neck. Moving helps relieve tension. Stretching helps muscles from tightening up; promotes flexibility, and increases movement in joints and muscles. Aging can lead to stiffness and reduced movement and increased lack of energy.
- ❑ Physical activity is beneficial if you are active 30 minutes a day, 5 days a week, 10 minutes at a time!

*\*Summarize the activities that the group shared and refer them to the handouts **CDC Nutrition and Physical Activity Packet**. Review the handouts before the workshop and select a few ideas to discuss with the group, maybe one that captures your interests! The ideas presented in the handouts are community and school based. Brainstorm other ideas that would involve families and schools working together. Suggestion: compile a list of activities from the group that can be distributed back to the group at a later date.*

## **Conclusion**

*\*To conclude the workshop, emphasize the importance of fitting in fitness and eating a healthy diet. You can focus the following points. Refer to the **Food Guide Pyramid** handout.*

- ❑ **Physical Activity and Nutrition:** Daily food choices and physical activity are dependent upon each other in order to produce quality health. The more physically active you are, the more calories you burn. If you want to lose weight, increasing your activity and choosing healthy food will help you accomplish this goal. If you want to maintain your weight, being physically active on a daily basis will make weight maintenance easier. Using the Food Guide Pyramid as a basis for your food choices, you will be able to eat a variety of foods in appropriate portions, which can help improve the quality of your health.
- ❑ **Lifestyle Fitness:** Planned scheduling can help! Some activity is better than no activity. You can manage to include fitness into your everyday activities. It can be done anywhere, anytime, with anyone. Rethink your day! Don't be so efficient, use your time differently. Walk into the restaurant to get your lunch, instead of using the drive-up window. Take the stairs instead of the elevator. Park as far as you can from the entrance and walk. Swap your activities. Modify your current activities to increase your fitness level. Instead of watching your child play sports, become his partner, coach, or opponent.
- ❑ You don't need to kill yourself in order to improve your fitness level. Remember 30 minutes a day, 10 minutes at a time, 5 days a week.

*\*Have the group fill out the workshop evaluation form and collect before they leave the workshop.*